

Happy, Healthy and Safe

Adolescent wellbeing, the views of 12 to 15 year olds

The Scottish Government asked Children’s Parliament to talk to children and young people about their wellbeing, exploring what influences wellbeing and what actions can be taken to improve it. This poster is one in a series representing children and young people’s views, find them all at www.childrensparliament.org.uk

To make Scotland the best place to grow up and flourish children and young people need:

- To have fun
- To relax
- Good mental health
 - Positive thinking
- Social activities – to take part in things
 - Someone to talk to
 - Help when you need it
 - A family that cares for you and you spend time with
 - Keeping in touch with parents
 - Good health care
 - Sleep
 - Learning how to be healthy
 - Exercise and being outside
 - A balanced diet
 - Freedom to be yourself
 - Good education
 - Pocket money
- Friends that help you when you are struggling
 - Meeting new people
- Special occasions that bring people together
- Doing well, passing tests and being rewarded
 - Memories of good times
 - Gaming
 - Confidence
 - A mobile phone
 - Favourite food
- Feeling and being safe at home and in your neighbourhood
 - Safety in numbers (groups aren’t gangs)
 - Responsive emergency services
 - No pollution

But what can get in the way of wellbeing in the community?

- Not being able to afford to do things your friends do
- Bullying online
- Nothing to do nearby
- Negative views of young people in local newspapers
- Eating badly when you are out
- Not living near your friends
- Drugs and alcohol around you making you feel unsafe
- Noisy neighbours
- People who are dangerous
- Fighting and crime in the streets – Gangs
- Peer pressure
- Having to stay home to avoid stuff you don’t want to do.
- Being scared on public transport.

So, what can we do? What actions would improve wellbeing in the community?

- Free clubs, adults supervising, no trouble
- Activities you can try
- Opportunities to make new friends
- Friends!
- Knowing more about healthy food – not just going to the chippy
- Police patrolling and being there to help you
- Tackling problems in the community
- Safer, regular buses, someone supervising
- Opportunities to volunteer
- Lower prices for healthier food
- Make sure that shops have healthy foods at the check-out
- Someone or somewhere to go for support.

But what can get in the way of wellbeing at home?

- Problems at home (with relationships, arguing, illness) can make you worried and depressed
- Not being able to afford healthy food
- Unhealthy snacks or parents not providing healthy food
- Not getting enough sleep
- Distractions from studying or being too busy to study
- Staying online through the night
- Smoking
- Bullying on social media
- Not believing in yourself and not trying things
- No internet access.

So, what can we do? What actions would improve wellbeing at home?

- Healthy options at school dinners
- Bullies need to be disciplined in ways that stop it
- Better understanding of bullying and how to deal with it
- Teachers that help you with anything that’s going on in or out of school
- More after school clubs and support
- More chances to learn about life after school; like how to manage money
- Pupil support teachers
- PSE
- Campus Police Officers
- Teachers praising pupils
- School recognising your achievements in the community
- Learning skills not just subjects.

But what can get in the way of wellbeing at school?

- Pupils who interrupt lessons and behave badly
- School meals that are not nice and unhealthy
- Things that happen outside school come into school – fall outs, family worries, health issues, being a carer
- Bullying makes you feel depressed and brings you down
- Not getting help for things happening outside school
- Teachers being ignorant towards a problem – just telling you to deal with it or toughen up
- Not being able to speak out about things
- Teachers not treating you the way they want treated
- The quality of the teacher affects the student.

So, what can we do? What actions would improve wellbeing at school?

- Healthy options at school dinners
- Bullies need to be disciplined in ways that stop it
- Better understanding of bullying and how to deal with it
- Teachers that help you with anything that’s going on in or out of school
- More after school clubs and support
- More chances to learn about life after school; like how to manage money
- Pupil support teachers
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- Campus Police Officers
- Teachers praising pupils
- School recognising your achievements in the community
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